

HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Advice for Brides"...Information from the food research specialists of State Agricultural Experiment Stations.

The choice of a man may be a maiden's problem...but a young bride faces such bagabears as...does this vegetable go into hot or cold water? And how much water does it take? How long should I cook it? The poor girl may even end up crying... "Oh, why didn't Mother tell me these things!"

Well...the young bride and her mother too might profit by some of the general points drawn from the facts of vegetable cookery. They were found through experiments made by various state experiment stations throughout the country.

First...don't use large quantities of water in cooking vegetables. In almost every case, the loss of food value increases directly with the amount of water used. And as the food value goes...so goes the flavor.

Next...put all green vegetables and root vegetables in boiling water. The quicker vegetables can be cooked, the less food value they lose and the more attractive and appetizing they stay.

Third...cook vegetables only as long as is absolutely necessary. The shorter you can make the time, the better.

Fourth...shredded vegetables may lose more food value in cooking than whole ones do. So cut the vegetables into no smaller pieces than you need to get them done.

Fifth...and this is important. Serve vegetables immediately. They shouldn't stand and waste their sweetness on the kitchen air.

By following these five basic rules of vegetable cookery, the homemaker --be she new at the job or an old hand at it ---is well on her way to mastery of the art.

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